

HERITAGE CENTER

2018

Recreation for 55+

May



Shredding Day

Shredding Day is back! Salt Lake Aging Services will offer **free DOCUMENT SHREDDING**. The shredding truck will be located in the Heritage Center's north parking lot on **Tuesday, May 8** from **10:00-1:00**.

Approved items: All paper products, staples and paper clips, file folders, checks, and checkbooks.

Non-Approved Items: binder clips, large metal pieces, carbon paper, cardboard, electronics, and plastic.

From the Director's Desk

Our Fraud Symposium was held on Tuesday, April 17. The speakers were from local business chapters and local state and federal government agencies. The valuable information that was given to our attendees was amazing. We are grateful to everyone who participated in this event (even with the bad weather)! We appreciate the staff and their hard work in creating such an informative symposium for our participants. A special thank you to Costco for providing the wonderful breakfast and our Kitchen staff for a delicious lunch. We look forward to hosting our third annual symposium in Spring 2019. Please plan to attend!!!

2018 Center Upcoming Closures

Monday, May 28	Memorial Day
Wednesday, July 4	Independence Day
Tuesday, July 24	Pioneer Day
Monday, September 3	Labor Day

2018 Special Events

Tuesday, May 8	Mother's Day Tea
Monday, June 11	Summer Kick-off
Monday, September 10	Open House
Thursday, September 20	Dinner Dance
Wednesday, October 17	Oktoberfest
Monday, November 5	Veterans Brunch
Wednesday, November 14	Thanksgiving Meal
Friday, December 7	Holiday Boutique

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Murray Heritage Center



#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed



Murray City Administration

Mayor Blair Camp
 Parks and Recreation Director: Kim Sorensen
 City Council:
 Dave Nicponski, District 1
 Dale Cox, District 2
 Jim Brass, District 3
 Diane Turner, District 4
 Brett Hales, District 5

Heritage Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Scott Harris
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Don Smith
Volunteer Drivers	Jerry Budd
	Chuck Dillard
	Sonny Jckowski
	Tom Thompson
Building Attendant	Pete Wright

Heritage Center Advisory Board

Erich Mille (Chair)	Christine Clark
Richard Clark	Brenda Clausen
Connie Gardner	Ed Houston
Jenny Martin	Pete Wright
Rod Young	

Heritage Senior Adults, Inc.

DONATIONS made to the Heritage Center go to the Heritage Senior Adults, Inc. which is a 501(c)3 and funds a scholarship program for our seniors.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Center all the proceeds from sale of the cards.

Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to us.

Add a tile to the **WALL OF SUPPORT** in the Heritage Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state of the art laser technology. This ensures strength and durability for a lifetime.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for activities at the Heritage Center. Applications are available at the Front Desk or on our website.

Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available for pick-up at the Heritage Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Heritage Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is one working day, for trips or special events it is five working days, and for overnight trips it is five weeks to receive a full refund.

The Heritage Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray City" on your credit card statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in activities at the Heritage Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

Experienced Hand Quilters Needed!

Please help us finish a quilt that will be raffled off at the Holiday Boutique on Friday, December 7. The raffle money received will go toward the Heritage Center's Scholarship program.

Interested quilters will meet on **Wednesdays** from **1:00-3:00** in the West Conference Room and will continue to quilt on Wednesdays until the quilt is finished.

If interested, contact Leda at 801-949-3939.



History Class: World War I

On **Tuesday, May 15 at 10:30**, Jim Duignan, who originally hails from Dublin, Ireland, and is a retired history teacher, will present the story of **WHO KILLED ARCHDUKE FERDINAND AND SOPHIE OF AUSTRIA?**



The world is celebrating the centennial of World War I this year. World War I (WWI) also known as the First World War, the Great War, or the War to End All Wars, was a global war originating in Europe that lasted from July 28, 1914 to November 11, 1918. More than 70 million military personnel, including 60 million Europeans, were mobilized in one of the largest wars in history.

Most of those living during this historical significant time have passed away. The best way to keep history real in our lives is to revisit the facts and see how they relate to us in this day and age. Jim will present this history in a storytelling format and there will be time for questions and answers.

This is the first in a series of history classes that will be presented by Jim each month in storytelling format. This is a **free** class. [Register now.](#)

History Facts

1800: Congress established the Library of Congress. Today, it holds more than 168 million items.

1900: The U.S. Postal Service issues the first book of postage stamps.

1902: J. C. Penney opens his first store in Kemmerer, Wyoming. Sales for the first day tallied \$33, or \$504 in 2018 dollars.

1913: The Woolworth Building in New York City is completed. At 60 stories high, it was the world's tallest building at the time.

1917: America joined World War I on April 6, 1917, when a German submarine sunk the *Lusitania*, a British passenger ship, that killed 128 American citizens among the total 1,195 passengers that died.

Heritage Walking Club

Get fit and have fun with the **HERITAGE WALKING CLUB**. The benefits of walking include improving cardio fitness, lowering blood pressure, and slowing the aging process.

We will supply walking routes and tips. Chart your progress as we "walk to Disneyland."

Cost of the program is **\$7** and all participants will receive a t-shirt and a pedometer to track your progress. [Register now](#) and start walking for fitness.

Gardening Class

Pete and Leda Wright's gardening class is continuing on **Fridays** through **May 18 at 10:00-11:30**. This is a **free** class.

AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, May 22 at 9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. **Make checks out to AARP and pay the day of class. They do not take credit cards.** Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

Vital Aging

Rhonda from the **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, May 22 at 10:30**, Rhonda will present a new wellness class called **SELF-ESTEEM: HOW IT'S IMPORTANT TO YOUR WELL-BEING**. "How do I view myself?" Discover or rediscover your sources for personal well-being. Our workshop will help you cultivate self-strengthening beliefs and create an optimistic view of yourself to better meet life events and challenges. Setting personal goals will be part of the class. This is a **free** class. [Register now.](#)

Painting Classes

John Fackrell's **WATERCOLOR** class began a new six-week series on **Monday, April 16** through **May 21** at **9:00-12:00**. Cost is **\$33**. Registration began on Monday, April 2.

John and Joan Fackrell's **ART APPRECIATION** class began a new six-week series on **Monday, April 16** through **May 21** at **1:00-3:30**. Cost is **\$33**. Registration began on Monday, April 2.

Sandi Olson's **PAINTING** class will begin a new eight-week series on **Wednesday, May 30** through **July 25** at **9:00-12:00**. Cost is **\$40**. Registration begins on Tuesday, May 15. Sandi is knowledgeable and paints in both watercolor and oil; she has some experience with pastels and acrylics.

Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meet on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are welcome. Bring your ideas and projects to share.

In **CRAFTING WITH SUSAN**, the project for **Tuesday, May 8** will be a cute summer door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Class is at **2:30** (note new time). Register now.

Computer Lab

The **COMPUTER LAB** has six personal computers running Microsoft Windows 10. Computers are available anytime a group class is not being held. The Heritage Center also has an iPad available for use while at the Center if you would like to try out a tablet.

There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or in the cash box located in the Computer Lab).

Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computer or device help (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Katy Coombs has one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00 and 3:00**. Katy can assist with computer or device help. Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's **GENEALOGY** class will begin a new five-week series on **Wednesday, May 9** through **Wednesday, June 6** at **12:30-1:30**. This is a **FREE** class. Space is limited to six participants. Register now.

Advance Directives

On **Tuesday, May 29 at 10:30**, Kyle Barrick, an attorney, will be at the Heritage Center to present an **ADVANCE DIRECTIVES** class. The Utah Advance Directive is a multi-purpose form which combines the former "Living Will" with a "Health Care Power of Attorney." It is a tool to appoint a health care agent to make decisions if the person is unable to speak for themselves. This form has many advantages, including the ability to do away with the need for expensive and burdensome court proceedings for guardianship. Kyle will discuss how to complete the form; however, the form can only be completed by the individual. This is a **free** class. Register now.

eBooks and eAudiobook Class

On **Friday, May 18 at 10:30**, a representative from Murray City Library will teach how to use eBooks and eAudiobooks. Bring your devices (tablet, smart phones, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Bring your Murray Library Card. If you don't have one, and would like one, please bring photo ID with your current address or a photo ID and a piece of mail with your name and current address. This is a **free** class. Register now.

Summer Family Concert Series

Please note the below schedule for our 2018 Summer Family Concerts, which are held on the **2nd Monday** at **7:00 pm**. These concerts are **free** for all ages and are held in our Backyard Plaza. Doors open at 6:00 pm.

Monday, Jun 11 **IN CAHOOTS** (*classic country*)
Monday, Jul 9 **SKYEDANCE** (*Celtic*)
Monday, Aug 13 **COMPANY B** (*jazz*)
Monday, Sep 10 **MIXED NUTS** (*big band*)

Summer Kickoff Car Show, BBQ & Concert

Come join us as we celebrate summer and all the traditions that go with it. Bring the entire family on **Monday, June 11** from **4:00-7:00** and visit our annual **CAR SHOW**. If you have a car you would like to display, applications are being accepted now. The fee is \$10 for registrations made by June 8 or \$15 the day of the car show. There will be raffles and prizes. The car show is open to the public at no charge.

Then head to the Heritage Center's Backyard Plaza where a tasty **BARBEQUE** of hamburgers and hot dogs awaits, prepared by our very own Chef Scott Harris and his kitchen staff. Cost will be **\$5** a plate, payable the night of the dinner. Eat anytime between **5:00 and 7:00**.

At **7:00** enjoy the music of **IN CAHOOTS**. This will be the first of our 2018 summer family concert series. The concert is **free** for all ages.

From Park City to New York City, and from Jackson Hole to Germany, *In Cahoots* has entertained audiences with their brand of cowboy tunes and tales for more years than they care to remember! Pickin' and grinnin' through an acoustic dose of old standards mixed with a healthy helping of their own originals, *In Cahoots* will give you some of the best cowboy entertainment you've ever stomped your foot to. So tug on your Tony Lamas, cinch down your Stetson, and get ready to ride with *In Cahoots*!



Golf League

GOLF TOURNAMENTS are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100+ players who will participate in each tournament.

Fees for each tournament include green fees, electric cart, and prizes. There is a one-time initial sign-up fee of **\$7** in addition to the registration fee for the first tournament played. All tournament fees must be paid at least 10 days before the tournament is played.

Upcoming Golf Tournaments

May 14	8:00	Valley View*
May 21	8:30	The Ridge
June 4	8:00	Murray
June 18	8:00	Mountain Dell
June 25	8:00	Wasatch

*Scramble

Birthday Wednesday

Celebrate your **BIRTHDAY** on the first **WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade! There is free cake and ice cream for everyone to enjoy, too.

Readers Theater

The **READERS THEATER** troupe meets **Thursday at 3:00-4:00**. If you would like to participate, please come and join in the fun!

The troupe will occasionally perform their new plays at **12:30** between lunch and bingo on Fridays. A play is scheduled for **Friday, May 25**.

Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.



Monthly Calendar

2018

Murray Heritage Center

#10 East 6150 South
Murray, UT 84107

801-264-2635

heritage@murray.utah.gov
murray.utah.gov/140/Heritage-Center
Director: Tricia Cooke

Monday – Friday

8:00 – 4:30

Thursday

8:00 – 9:30

Saturday – Sunday

Closed

MONDAY	TUESDAY
	8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance <i>Final Payment due for Tuacahn Trip</i>
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance Class 1:00 Art Appreciation 1:00 Movie: Jumanji 2:00 Strength Conditioning	8:30 Ceramics / 9:00 Stretch 9:30 NO Line Dance 10:00 Shredding Day 10:30 Tai Chi 11:00 Canasta 11:30 Mother's Day Tea 12:45 Crafters 1:00 Computer Help 1:30 Legal Consultation 2:00 NO Beginning Line Dance 2:30 Crafting with Susan
8:00 Valley View Scramble Golf 9:00 NIA / Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance Class 1:00 Art Appreciation 1:00 Movie: Jumanji: Welcome to the Jungle 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 10:30 Tai Chi / History Class 11:00 Canasta 11:30 Lunch 12:00 Medicare Counseling 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
8:30 The Ridge Golf 9:00 NIA / Watercolor 10:15 Pickleball (<i>outside only</i>) 10:30 Meditation / Pen Pal Party 11:00 Bridge Lessons 12:30 Balance Class 12:30 Personal Training 1:00 Art Appreciation 1:00 Movie: Ever After 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 9:30 AARP Smart Driving 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30 Lunch 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
 HERITAGE CENTER CLOSED	8:30 Ceramics 9:00 Stretch and Tone 9:30 Line Dance 10:30 Tai Chi 10:30 Advance Directives Class 11:00 Canasta 11:30 Lunch 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance

WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 11:15 Chair Aerobics 11:30 Birthday Wednesday Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge 1:00 Hand Quilters	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Beginning Tai Chi 11:30 Lunch 11:45 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 10:00 Yoga 10:00 Gardening Class 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge 1:00 Hand Quilters	8:00 Pickleball Instruction 8:30 Ceramics / Wendover 9:00 Pickleball 10:30 Beginning Tai Chi 11:30 Lunch / 11:45 Massage 1:00 Game Day 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 10:00 Yoga 10:00 Gardening Class 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:45 Special Mother's Day Bingo 1:00 Bridge
9:00 Painting / Haircuts 9:00 Tooele Trip 9:15 Pinochle 10:00 Yoga / NO Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge 1:00 Hand Quilters	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Beginning Tai Chi 11:30 Lunch 11:45 Massage 2:00 NO Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 10:00 Yoga 10:00 Gardening Class 10:30 eBook Class 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance Class 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance / Personal Training 12:30 Genealogy 12:45 Bingo 1:00 Bridge 1:00 Hand Quilters	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:00 Swaner Preserve Trip 10:30 Beginning Tai Chi 11:30 Lunch / 11:45 Massage 1:00 Game Day 2:00 Computer Help / Strength 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Readers Theater Performance 12:45 Bingo 1:00 Bridge
9:00 Painting / Haircuts 9:00 Blood Testing 9:15 Pinochle 10:00 Yoga / Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Balance / Personal Training 12:30 Genealogy 12:45 Bingo 1:00 Bridge / Hand Quilters	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:00 Golden Spike Trip 10:30 Beginning Tai Chi 11:30 Lunch / 11:45 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	

Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

BRIDGE play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday** at **11:00-2:30** with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check in.

Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCING** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Bingo

BINGO is played every **Wednesday** and **Friday** at **12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

In order to offer the same quality prizes and games of bingo; we are suggesting the following donation amounts: **\$1** for 1-3 cards played; **\$2** for 4-6 cards played.

Special Mother's Day Bingo

Join us as we honor our mothers with a special **MOTHER'S DAY BINGO** on **Friday, May 11** at **12:45**. We will have special themed prizes for the bingo winners today.

Monday Movie

Join us on **Mondays** at **1:00** for a **free MOVIE** and popcorn!



JUMANJI

Monday, May 7
1995 / 104 minutes
Fantasy Adventure



JUMANJI: WELCOME TO THE JUNGLE

Monday, May 14
2017 / 119 minutes
Fantasy Adventure



EVER AFTER

Monday, May 21
1998 / 121 minutes
Romantic Drama

Game Day

Come join in on **GAME DAY** on **Thursday, May 10** and **Thursday, May 24** at **1:00**. We will have fun playing games like Mexican Train, Rummikub, Dominos, and other board games. We also have Wii games available.

Consider collecting a group of friends and your favorite game to bring to Game Day. There is plenty of space for everyone to have fun and make new friends.

Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, and Texas Roadhouse.

Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00** to **11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. The wash is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **11:45** to **3:45**. Cost is **\$18** for a half-hour or **\$36** for an hour. Payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage. Please note that 60-minute appointments are for one individual only; it cannot be split with anyone else.*

Blood Testing

Our semi-annual **BLOOD TESTING** is scheduled for **Wednesday, May 30** from **9:00-11:00**. This service is sponsored by IHC Laboratories.

The cost is \$15 for a Lipid Profile, \$7 for Hemoglobin A1C, or \$22 for both. *Payment is made to IHC the day of the test.* Results are mailed to your home in approximately 2 weeks.

Scheduling begins Wednesday, May 9. Fasting is required for the Lipid Profile test.

Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, June 28** from **9:30** to **12:00**. The cost is **\$11**. Toenail scheduling will begin Thursday, May 24. Payment is required at time of scheduling.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, May 8** from **1:30** to **3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, May 15** from **12:00** to **2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

Transportation

TRANSPORTATION to and from the Heritage Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

Pen Pal Year End Party

Those involved with the **PEN PAL** program are invited to the 2017-18 year end party with your Liberty Student Pen Pals on **Monday, May 21** at **10:30**. Come join us as we say goodbye to our Pen Pals, play some bingo, and enjoy banana splits.

If you would like to donate bingo prizes, please give them to Wayne Oberg. We are looking for prizes for pre-teens to enjoy over the summer.

Exercise Classes

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

STRETCH AND TONE

Tuesday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

ZUMBA

Friday 9:00-10:00

Involves dance and aerobic movements performed to energetic music.

CHAIR AEROBICS (25¢)

Wednesday and Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 monthly fee
- \$30 monthly Total Fitness Pass (includes all exercise classes and use of the exercise room)
- Class fees are **not included** in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or free if you have Silver Sneakers, Silver & Fit, or Heritage Center's Total Fitness Pass. Ask at the Front Desk for details.

University of Utah Students

The balance class will be offered on **Monday** and **Friday** at **12:30** until the students return on **Monday, May 21**. The University of Utah Exercise and Sports students will be at the Heritage Center every **Monday** and **Wednesday** at **12:30-2:00**. There will be no classes on Friday.

The students teach a **BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

This program has become one of our most popular classes as participants enjoy improving their fitness skills. These two classes are included with the Exercise Room fee.

Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced. The current eight-week session ends on **Monday, May 21** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

Wendover

Travel to **WENDOVER** on **Thursday, May 10** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus.

The bus will depart the Heritage Center at **8:30** and return at approximately **7:00**.

[Register now.](#)

Next Wendover trip is **July 12**.

Tooele Breakfast and Pioneer Museum

Once again our Center bus will be headed to the **TOOELE SENIOR CENTER** for the "Second Best Breakfast in Utah."

The bus will depart the Center at **9:00** on **Wednesday, May 16**. After breakfast, we will travel next door to the **TOOELE PIONEER MUSEUM**, which was established to collect and display pioneer memorabilia and to preserve and illustrate Tooele County's progression in education, arts, science, manufacturing and agriculture. Cost is **\$6** for transportation and breakfast. [Register now.](#)

Swaner Preserve and EcoCenter

Located on the entryway to Park City, the **SWANER PRESERVE** permanently protects 1200 acres of rare and critical habitat encompassing valuable wetlands, miles of streams, and diverse wildlife habitat. Over 140 species of birds and 50 species of wildlife can be found on the Preserve.

We will explore the exhibit hall and interactive displays of the EcoCenter and connect with nature by taking a walk on the 400-foot pier onto the Preserve.

The Heritage Bus will travel to the Swaner Preserve and EcoCenter on **Thursday, May 24** at **10:00**. After our tour of the EcoCenter, we will have lunch (on your own) at Kneaders. Cost is **\$5**. [Registration begins Wednesday, May 2.](#)

Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Heritage Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

Golden Spike National Historic Site

On May 10, 1869, the Union and Central Pacific Railroads joined their rails at Promontory Summit, Utah Territory, and forged the destiny of a nation. **GOLDEN SPIKE NATIONAL HISTORIC SITE** shares the stories of the people and settings that define the completion of the first Transcontinental Railroad.

The Heritage Center bus will visit the Golden Spike National Historic Site on **Thursday, May 31**. The bus will depart at **10:00**. Cost of the trip is **\$12** and includes a sack lunch. [Registration begins Wednesday, May 16.](#)

Tuacahn

Our annual **TUACAHN** trip is set to depart from the Heritage Center on **Monday, June 4** and we will stay 3 nights at the CasaBlanca Hotel in Mesquite, Nevada. We will return on **Thursday, June 7**. This year's plays will be Rodgers & Hammerstein's *Cinderella* and Roald Dahl's *Matilda The Musical*.

Cancellations must be made prior to Tuesday, May 1 for a full refund. After May 1, trip refunded amounts will be on a case-by-case basis.

2018 Overnight Trips

We have scheduled to attend the **SHAKESPEARE FESTIVAL** again this year. We will travel to Cedar City on **Monday, August 27** and return on **Wednesday, August 29**. The play selections have not been made yet.

Please watch our future newsletters for more detailed information.

MAY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 COUNTRY FRIED STEAK Side Salad Asparagus Cookie	2 BAKED MAC 'N CHEESE  Tomato Artichoke Salad, Fresh Fruit Birthday Cake and Ice Cream	3 MEATLOAF Mashed Potatoes and Gravy Salad Brownie	4 CHICKEN MARSALA Greek Orzo Salad Green Beans Pudding
7 NO LUNCH	8 MOTHER'S DAY TEA \$8 per person \$48/64 per table Advance Purchase Required 	9 CHICKEN SALAD CROISSANT Pasta Salad Carrots Cookie	10 BISCUITS 'N GRAVY Scrambled Eggs Veggie Hash Browns Fresh Fruit	11 TERIYAKI MEATBALLS Rice Broccoli Ice Cream
<p>Lunch is served Tuesday-Friday between 11:30-12:30 Make your lunch selection and then pay the lunch cashier Sandwiches, soup, or salads available as alternatives Prices range from \$2-\$4 Tickets for Special Events need to be purchased in advance</p>				
14 NO LUNCH	15 BAKED POTATO with Bacon, Cheese, and Sour Cream Chicken Salad, Veggies Chocolate Mocha Mousse	16 PORK RIBS Roast Potatoes Brussel Sprouts Mint Brownie	17 CHICKEN PARMIGIANA Asparagus Carrots Jello	18 HARD SHELL TACO Side Salad Spanish Rice Churro
21 NO LUNCH	22 POT ROAST Mashed Potatoes 'n Gravy Peas 'n Carrots Cheesecake Cookie	23 CHICKEN CORDON BLEU Side Salad Croissant Fresh Fruit	24 BAKED SALMON Brussel Sprouts Garlic Pasta Carrot Cake	25 HOT DOG Chips Side Salad Cookie
28  MEMORIAL DAY CLOSED	29 ASIAN BEEF STIRFRY Asian Crunch Salad Rice Cookie	30 FISH 'N CHIPS Apple Slaw Ice Cream Sandwich	31 GRILLED CHICKEN LEG Baked Beans Macaroni Salad Cupcake	